

## Parent /Tot Amazing Art

This art class is for the younger preschool child ages 2 ½ - 5 who likes to try a variety of things. Fun tactile project choices will range from fabric art, to wood crafts, bead and wire work, mixed media, pottery projects and more. Dress for mess! Tools and materials provided by instructor. Material fee of \$18 due to instructor first day. **Instructor:** Jeannette Pugliese

**Location:** Troy Community Center

### Session: Jan 9-Feb 13 (6 weeks)

| Act #   | Day | Time        | Fee  |
|---------|-----|-------------|------|
| 112223A | Fri | 10:15-11 am | \$54 |

### Session: Feb 27-April 3 (6 weeks)

| Act #   | Day | Time        | Fee  |
|---------|-----|-------------|------|
| 112223B | Fri | 10:15-11 am | \$54 |

## Preschool Amazing Art

This art class is for ages 3 ½ - 6, the older preschool child who likes to try a variety of things. Fun tactile project choices will range from fabric art, to wood crafts, bead and wire work, mixed media, pottery projects and more. Dress for mess! Tools and materials provided by instructor. Material fee of \$18 due to instructor first day. **Instructor:** Jeannette Pugliese

**Location:** Troy Community Center

### Session: Jan 9-Feb 13 (6 weeks)

| Act #   | Day | Time       | Fee  |
|---------|-----|------------|------|
| 112223C | Fri | 9:15-10 am | \$54 |

### Session: Feb 27-April 3 (6 weeks)

|         |     |            |      |
|---------|-----|------------|------|
| 112223D | Fri | 9:15-10 am | \$54 |
|---------|-----|------------|------|

**New**

## Preschool Pottery

This class is for youngsters ages 3½ - 6 and emphasizes creativity and enjoyment of handmade pottery. The projects range from functional ware to sculpture. Various glazing techniques will be explored. Parents may create along side their child for an additional full-cost fee but adults may NOT attend alone! Tools and materials provided by instructor. Dress for mess. Material fee of \$20 due to instructor first day of class. Pottery pick up date separate.

**Instructor:** Jeannette Pugliese

**Location:** Troy Community Center

### Session 1: Jan 6-Feb 14 (6 weeks)

| Act #   | Day | Time          | Fee  |
|---------|-----|---------------|------|
| 112223E | Tue | 10-10:45 am   | \$54 |
| 112223F | Sat | 9:30-10:15 am | \$54 |

### Session 2: Feb 24-April 4 (6 weeks)

| Act #   | Day | Time          | Fee  |
|---------|-----|---------------|------|
| 112223G | Tue | 10-10:45 am   | \$54 |
| 112223H | Sat | 9:30-10:15 am | \$54 |



## Saturday Party with the Merry Music Maker

Come join the Merry Music Maker for interactive stories, songs and movement. Bring your smiles, dancing feet and listening ears for an hour of musical fun. Recommended for ages 2-7. Advanced registration is recommended.

**Location:** Troy Community Center

| Act #   | Ages | Day/Date    | Time          | Fee       |
|---------|------|-------------|---------------|-----------|
| 111067A | 2-7  | Sat, Jan 10 | 9:30-10:30 am | \$5/child |
| 111067B | 2-7  | Sat, Feb 14 | 9:30-10:30 am | \$5/child |
| 111067C | 2-7  | Sat, Mar 14 | 9:30-10:30 am | \$5/child |

## Arts 4 Kids Preschool Drawing



Young Rembrandts instructors provide a positive, nurturing environment for your child.

Each week we'll draw something these little ones are interested in, from fish to teddy bears, rainbows to cowboys, and we'll talk about the subject matter as we learn to draw it together. We'll concentrate on the skills of drawing and coloring, but also work on developing fine motor skills, focus, listening, staying on task, spatial organization and patience. All materials are provided - happy, smiling faces guaranteed.

**Location:** Troy Community Center

### Session: Jan 15-Feb 26 (6 weeks-no class 2/19)

| Act#    | Class/Ages | Day | Time        | Fee  |
|---------|------------|-----|-------------|------|
| 111058A | 3 ½ - 5    | Thu | 10-10:45 am | \$48 |

### Session: Jan 17-Feb 28 (6 weeks-no class 2/21)

|         |         |     |             |      |
|---------|---------|-----|-------------|------|
| 111058B | 3 ½ - 5 | Sat | 10-10:45 am | \$48 |
|---------|---------|-----|-------------|------|

### Session: March 19-April 30 (6 weeks-no class 4/9)

| Act#    | Class/Ages | Day | Time        | Fee  |
|---------|------------|-----|-------------|------|
| 111058C | 3 ½ - 5    | Thu | 10-10:45 am | \$48 |

### Session: March 21- April 25 (5 weeks-no class 4/11)

|         |         |     |             |      |
|---------|---------|-----|-------------|------|
| 111058D | 3 ½ - 5 | Sat | 10-10:45 am | \$40 |
|---------|---------|-----|-------------|------|



## Busy Hands Parent & Tot Pottery

These mini classes are for busy youngsters ages 2 ½-5 and a parent, to create their own special projects using their small and large motor skills. Textures and sensory perception will be explored. Fee includes tools, clay, glazing supplies and firing. Dress for mess. Pottery pick up date separate.

**Note:** No refunds after first class.

**Instructor:** Jeannette Pugliese

**Location:** Troy Community Center

**Fee:** \$28

| Act #   | Day/Dates          | Project          | Time          |
|---------|--------------------|------------------|---------------|
| 112224A | Thu, Jan 15, 22    | Hand print plate | 6:30-7:30 pm  |
| 112224B | Thu, Jan 29, Feb 5 | Valentine bowls  | 6:30-7:30 pm  |
| 112224C | Thu, Feb 26, Mar 5 | Easter basket    | 6:30-7:30 pm  |
| 112224D | Thu, Mar 26, Apr 2 | Wind chimes      | 6:30-7:30 pm  |
| 112224E | All sessions       | all              | 6:30-7:30 pm* |

\*99 for 4 classes



## Terrific Toddlers – ages 2-3

This class is 30 minutes of continuous safe and effective activities designed to maintain your toddler's interest. Classes are taught by a Certified Youth Fitness Instructor from Stretch-n-Grow. We'll explore, push, pull, and be introduced to music and movement while at the same time developing their motor skills and spatial awareness. This is a Toddler Only class. With that in mind, children should be able to separate from their caregiver at the door without distress as well as be able to follow basic one-step instructions like stand, sit, hold hands, pick up a bean bag, etc.

## FitKid! – ages 3-5

This safe and fun class is taught by Stretch-n-Grow certified youth fitness instructors. Different activities will be used to focus on preschoolers gross motor skills, balance, resistance flexibility and more. Types of activities may include: ropes, hoops, relays, sports games, different forms of dancing, and creative games. Start today to teach your child the importance of a healthy lifestyle!

**Location:** Troy Community Center

### Session: Jan 7- Feb 11 (6 weeks)

| Act#    | Class             | Day | Time         | Fee  |
|---------|-------------------|-----|--------------|------|
| 112105A | Terrific Toddlers | Wed | 9:15-9:45 am | \$42 |
| 112105B | FitKid!           | Wed | 10-10:45 am  | \$48 |

### Session: March 4-April 8 (6 weeks)

|         |                   |     |              |      |
|---------|-------------------|-----|--------------|------|
| 112105C | Terrific Toddlers | Wed | 9:15-9:45 am | \$42 |
| 112105D | FitKid!           | Wed | 10-10:45 am  | \$48 |

## Coach Dave Classes

### Sports Starters: ages 3-5

Your kids will love this first introduction to sports such as soccer, football, volleyball, tee-ball, kickball and more! Toddlers will learn sports fundamentals such as throwing, catching, kicking and running with easy-to-understand instruction and silly games. Our nurturing coaches will make sure your kids have a positive and fun learning experience. Wear tennis shoes and bring a water bottle.

### Parent & Tot Fun Fitness Zone: ages 2 ½ - 4 ½

This creative play program teaches children a variety of active games, exercises, musical activities, and imaginative stretches as they learn to play with you and other children. All activities are designed to keep you and your child moving, interacting and having fun. Join Coach Dave for giggles! One adult must participate with each child.

### Kiddie Sports: ages 4-6

Introduce your kids to the world of sports. Coach Dave instructs the basics of the following sports: soccer, tee-ball, basketball, floor hockey, volleyball, and kickball. We'll also play some silly games. Our class emphasis is on effort, cooperation and teamwork to make this a positive learning experience. (Children must be potty-trained.)

**Instructor:** Leisure Unlimited, Coach Dave and staff

**Location:** Troy Community Center Gym

### Session: Jan 28-March 4 (5 weeks-no class 2/18)

| Act#    | Class           | Day | Time             | Fee  |
|---------|-----------------|-----|------------------|------|
| 111051A | Parent and Tot  | Wed | 9:30 - 10:15 am  | \$55 |
| 111051B | Sports Starters | Wed | 10:30 - 11:30 am | \$55 |
| 111051C | Kiddie Sports   | Wed | 1 - 2 pm         | \$55 |

### Session: Jan 24-Feb 28 (5 weeks-no class 2/21)

|         |                 |     |               |      |
|---------|-----------------|-----|---------------|------|
| 111052A | Kiddie Sports   | Sat | 10 - 10:50 am | \$55 |
| 111052B | Sports Starters | Sat | 11 - 11:50 am | \$55 |
| 111052C | Parent and Tot  | Sat | 12 - 12:50 pm | \$55 |

### Session: March 18-April 22 (5 weeks -no class 4/8)

|         |                 |     |                  |      |
|---------|-----------------|-----|------------------|------|
| 111051D | Parent and Tot  | Wed | 9:30 - 10:15 am  | \$55 |
| 111051E | Sports Starters | Wed | 10:30 - 11:30 am | \$55 |
| 111051F | Kiddie Sports   | Wed | 1 - 2 pm         | \$55 |

### Session: March 14- April 18 (5 weeks - no class 4/11)

|         |                 |     |               |      |
|---------|-----------------|-----|---------------|------|
| 111052D | Kiddie Sports   | Sat | 10 - 10:50 am | \$55 |
| 111052E | Sports Starters | Sat | 11 - 11:50 am | \$55 |
| 111052F | Parent and Tot  | Sat | 12 - 12:50 pm | \$55 |

**Register for these classes online at:**

[www.troymi.gov/parksandreconline](http://www.troymi.gov/parksandreconline)

beginning December 3 at 8 am;  
more registration details on page 87.

## Arts 4 Kids

All new lessons, each session! Supplies included.  
All classes at the Troy Community Center

### Combo Drawtooning

"Drawtooning" includes both Young Rembrandts drawing and cartooning curriculum. It is a great opportunity to enjoy both of Young Rembrandts most popular offerings in one class! This program combines Young Rembrandts innovative step-by-step drawing method with light-hearted subject matters that engage children, their sense of humor and their vivid imaginations.

#### Session: Jan 20-March 3 (6 weeks- no class 2/17)

| Act#    | Ages | Day | Time         | Fee  |
|---------|------|-----|--------------|------|
| 111058E | 7-12 | Tue | 6:30-7:30 pm | \$48 |

#### Session: March 24-April 28 (5 weeks- no class 4/7)

| Act#    | Ages | Day | Time         | Fee  |
|---------|------|-----|--------------|------|
| 111058P | 7-12 | Tue | 6:30-7:30 pm | \$40 |

### Animal Cartoon Camp

A variety of animals will inspire us in this cartooning camp. Expressions, human characteristics, movement, action and joke sequencing will be centered on different animals. This is a popular camp for animal lovers and cartoon enthusiasts. Students will use pencils, markers and Sharpies™ to complete their drawings.

#### Session: Jan 17-Jan 31 (3 weeks)

| Act#    | Ages | Day | Time           | Fee  |
|---------|------|-----|----------------|------|
| 111058G | 7-12 | Sat | 11 am-12:30 pm | \$40 |

### Jr. Zoo Camp

Kids love to draw animals! Join us as we learn to draw a variety of animals found at our local zoo. We will draw giraffes, lions, tigers, birds and more. Our final day will result in one large scene of the zoo, divided into several habitats and incorporating the many animal friends we have learned to draw. Pencils, markers, Sharpies™ and color pencils will be used.

#### Session: March 21-April 4 (3 weeks)

| Act#    | Ages | Day | Time           | Fee  |
|---------|------|-----|----------------|------|
| 111058H | 5-7  | Sat | 11 am-12:30 pm | \$40 |

## Stop, Think, Go!

### By: Kids Empowered

This workshop for boys and girls ages 5-7, uses games and simple crafts to teach our littlest ones the "Do's and Don'ts" of how to treat other kids- their friends, classmates, and siblings. This is a great way to teach decision-making skills. Parents will love using this tool.

**Location:** Troy Community Center

| Act #   | Ages | Day         | Time      | Fee  |
|---------|------|-------------|-----------|------|
| 112500E | 5-7  | Fri, Jan 30 | 6-7:30 pm | \$16 |

## Movement for You and Me



Join your child for this class filled with fun and adventure! During each session we will explore creative ways to exercise, gymnastics, movement to music, fun with bean bags, parachute time and more. This class is not only exciting but is great exercise, develops motor skills and gives your child time to socialize with other children as well as spend quality time with you. Come on in and join the fun! **Location:** Troy Community Center

#### Session: Jan 7-Feb 11 (6 weeks)

| Act #   | Ages   | Day | Time             | Fee  |
|---------|--------|-----|------------------|------|
| 112030A | 2-3 ½  | Wed | 10:15-10:55 am   | \$54 |
| 112030B | 3 ½ -5 | Fri | 11:30am-12:10 pm | \$54 |

#### Session: Feb 25-April 3 (6 weeks)

| Act #   | Ages   | Day | Time             | Fee  |
|---------|--------|-----|------------------|------|
| 112030G | 2-3 ½  | Wed | 10:15-10:55 am   | \$54 |
| 112030H | 3 ½ -5 | Fri | 11:30am-12:10 pm | \$54 |



## Moovin' and Groovin' for Girls

This exciting class for girls explores creative exercise, gymnastics, movement to music, games, bean bag activities, parachute fun and more! Along with all of the other activities we will be using the balance beam and gymnastics mat. All activities are age appropriate. This class is a great way for your child to not only get the exercise they need but to develop gross motor skills and socialize with other children all while having fun! **Location:** Troy Community Center

#### Session: Jan 7-Feb 11 (6 weeks)

| Act #   | Ages | Day | Time           | Fee  |
|---------|------|-----|----------------|------|
| 112030C | 3-5  | Wed | 11-11:40 am    | \$54 |
| 112030D | 3-5  | Fri | 12:15-12:55 pm | \$54 |

#### Session: Feb 25-April 3 (6 weeks)

| Act #   | Ages | Day | Time           | Fee  |
|---------|------|-----|----------------|------|
| 112030J | 3-5  | Wed | 11-11:40 am    | \$54 |
| 112030K | 3-5  | Fri | 12:15-12:55 pm | \$54 |



## Jumpin' Jacks

This exciting class for boys explores creative exercise, gymnastics, movement to music, games, bean bag activities, parachute fun and more! Along with all of the other activities we will be using the balance beam and gymnastics mat. All activities are age appropriate. This class is a great way for your child to not only get the exercise they need but to develop gross motor skills and socialize with other children all while having fun! **Location:** Troy Community Center

#### Session: Jan 7-Feb 11 (6 weeks)

| Act #   | Ages | Day | Time             | Fee  |
|---------|------|-----|------------------|------|
| 112030E | 3-5  | Wed | 11:45am-12:25 pm | \$54 |
| 112030F | 3-5  | Fri | 10:45-11:25 am   | \$54 |

#### Session: Feb 25-April 3 (6 weeks)

| Act #   | Ages | Day | Time             | Fee  |
|---------|------|-----|------------------|------|
| 112030L | 3-5  | Wed | 11:45am-12:25 pm | \$54 |
| 112030M | 3-5  | Fri | 10:45-11:25 am   | \$54 |

## Youth Pottery

This class is for youngsters ages 6-13 and emphasizes creativity and enjoyment of handmade pottery. The projects range from functional ware to sculpture. A pottery wheel is available but limited to one or two turns per person. Various glazing techniques will be explored. Parents may create along side their child for an additional full-cost fee but adults may NOT attend alone! Tools and materials provided by instructor. Dress for mess and bring a hand towel to each class. Material fee of \$22 due to instructor first day of class. Pottery pick-up date separate.



**Instructor:** Jeannette Pugliese

**Location:** Troy Community Center

### Session 1: Jan 6-Feb 14 (6 weeks)

| Act #   | Day | Time            | Fee  |
|---------|-----|-----------------|------|
| 112223J | Tue | 5-6:30 pm       | \$72 |
| 112223K | Sat | 11 am -12:30 pm | \$72 |

### Session2: Feb 24-April 4 (6 weeks)

| Act #   | Day | Time            | Fee  |
|---------|-----|-----------------|------|
| 112223L | Tue | 5-6:30 pm       | \$72 |
| 112223M | Sat | 11 am -12:30 pm | \$72 |

## Advanced Youth Pottery

Designed for the more advanced level pottery student, projects will be more challenging for each student. A pottery wheel is available but limited to 1 or 2 turns per person. Various glazing techniques will be explored. Parents may create along side their child for an additional full-cost fee but adults may NOT attend alone! Tools and materials provided by instructor. Dress for mess and bring a hand towel to each class. Material fee of \$22 due to instructor first day of class. Child must be of age by start of class. Pottery pick-up date separate. *\*Prerequisite: each child age 7-13 MUST have taken at least one or more pottery classes from Jeannette here in Troy.*

**Instructor:** Jeannette Pugliese

**Location:** Troy Community Center

### Session 1: Jan 5-Feb 16 (6 weeks)

| Act #   | Day | Time      | Fee  |
|---------|-----|-----------|------|
| 112223N | Mon | 5-6:30 pm | \$72 |

### Session 2: Feb 23-March 30 (6 weeks)

| Act #   | Day | Time      | Fee  |
|---------|-----|-----------|------|
| 112223P | Mon | 5-6:30 pm | \$72 |

### **INCLEMENT WEATHER/PROGRAM STATUS:**

On occasion during the winter, programs may need to be cancelled or re-scheduled. To find out the status of your program held at a school building or at the Community Center, choose from the following choices:

go online at: [www.troymi.gov/parksrec/weatherupdates](http://www.troymi.gov/parksrec/weatherupdates)

or call us at: 248.689.9756

## Home Alone Babysitting Class

This session is designed for youth ages 8-14 who baby-sit or are home alone for a period of time. Discussion will center around setting up a babysitting business, growth/development, taking care of infants/children, what to do in an emergency, and safety precautions when home alone. Certificate presented upon completion. Includes many hands-on activities. **Note:** Bring an infant-sized doll and blanket.

**Location:** Troy Community Center

**Instructor:** Lisa Lamerato-Laviolette (Preschool Cert.)

| Act#    | Day          | Time         | Fee  |
|---------|--------------|--------------|------|
| 112057A | Mon, March 9 | 6:45-8:45 pm | \$20 |
| 112057B | Mon, April 6 | 6:45-8:45 pm | \$20 |

## Parents Night Out at the Troy Community Center Saturdays, 5:30-9:30 pm

While mom and dad have an evening out, children 7-12 years old are invited to a "kids only" party at the Troy Community Center. The night consists of a pizza dinner, crafts, games, swimming and gym time. Adult to child ratio is 1:8. Parents must fill out information cards in order for the child to participate. Minimum of 16, maximum of 30.

| Act #   | Theme          | Date        | Fee   |
|---------|----------------|-------------|-------|
| 146880D | Holiday Season | Sat, Dec 13 | \$15* |
| 116880A | Winter Blast   | Sat, Jan 10 | \$15  |
| 116880B | Beach Bash     | Sat, Feb 14 | \$15  |
| 116880C | March Madness  | Sat, Mar 14 | \$15  |

\*Register now for this activity. It was advertised in the Fall issue of *Troy Today*.

## Youth Amazing Art

This enjoyable and educational art class is for youngsters ages 6-13 who would like to try a variety of things. Fun tactile project choices will range from fabric art, to wood crafts, bead and wire work, mixed media, pottery projects and more. Dress for mess! Tools and materials provided by instructor. Material fee of \$20 due to instructor first day.

**Instructor:** Jeannette Pugliese

**Location:** Troy Community Center

### Session 1: Jan 5- Feb 16 (6 weeks)

| Act #   | Day | Time   | Fee  |
|---------|-----|--------|------|
| 112223Q | Mon | 7-8 pm | \$60 |

### Session2:Feb 23-March 30 (6 weeks)

| Act #   | Day | Time   | Fee  |
|---------|-----|--------|------|
| 112223R | Mon | 7-8 pm | \$60 |

## Dance Classes with Premiere Plus

This is an easy way to introduce your child, to the many physical and social benefits of Dance. With music and movement combined, dance is a fun way to exercise your body and your mind. We are offering a variety of classes for those who would prefer an 8 week program. Classes will be held in our beautiful dance studio at the Troy Community Center.

**Intro to Dance (K-2nd grade):** This class is designed to be a fun-filled introduction to Ballet, Jazz, and Broadway Style Song and Dance.

**Hip Hop Jazz:** Each age division will be provided with an energetic and challenging warm-up, isolation exercises, pop and lock hip hop moves, as well as traditional jazz turns and jumps, progressions and combinations.

**Session: Jan 14 - March 11 (8 weeks - no classes 2/18)**

**FEE: \$50**

| Act#    | Grade | Class          | Day/Time    | Instr |
|---------|-------|----------------|-------------|-------|
| 112111A | K-2nd | Intro to Dance | Wed/4:30 pm | Sue   |
| 112111B | 2-4th | Hip Hop        | Wed/5:15 pm | Sue   |
| 112111C | K-2nd | Intro to Dance | Wed/6:00 pm | Sue   |

## Boys Empowered - Deal or No Deal

Boys will learn social skills to develop peer relationships and handle uncomfortable situations. Topics of respect, listening, negotiation, taking turns, and compromise will be covered. Boys will learn skills of expressing feelings and showing respect for the thoughts, feelings and needs of others. This class will teach social skills through games, discussions and crafts.

**Location:** Troy Community Center

| Act #   | Age  | Day         | Time   | Fee  |
|---------|------|-------------|--------|------|
| 112500A | 6-8  | Tue, Jan 27 | 6-9 pm | \$25 |
| 112500B | 9-11 | Tue, Jan 27 | 6-9 pm | \$25 |

## No Thank You: A Graceful Approach to Assertiveness for Girls

Meet a Girls Empowered instructor each week and your daughter will learn and practice assertiveness in words, voice, and body language through role-playing and crafts. Three crafts and role-playing are included.

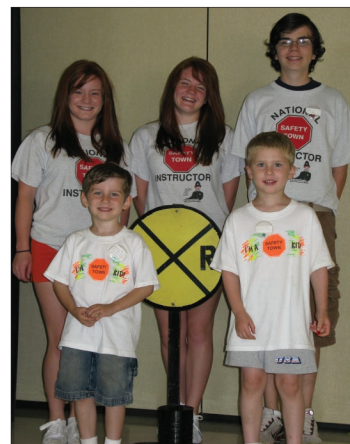
**Location:** Troy Community Center

**Session 1: Jan 5-Feb 9 (6 weeks)**

| Act #   | Age  | Day | Time   | Fee  |
|---------|------|-----|--------|------|
| 112500C | 6-8  | Mon | 6-7 pm | \$72 |
| 112500D | 9-11 | Mon | 7-8 pm | \$72 |

## Teen/Adult Volunteer Opportunities

Discover how fun it is to be a Troy Parks and Recreation volunteer! Whether you prefer being outdoors or inside, working with elementary aged students or Seniors, then we have an opportunity for you. You'll have a great time while meeting new friends who share similar interests, learn new skills, and make a difference in your community. The rewards are immeasurable.



Most opportunities do not require any previous education, although you must be a minimum of 14 years old to volunteer with children. The time commitment varies depending on the program. Join our volunteers and become one of our most valuable resources. All applicants must successfully complete a State of Michigan Background check. Refer to page 85 for a list of programs that need your assistance.

### How to obtain an application and Background Check Form:

- Parks and Recreation front desk, 3179 Livernois
- Stage Nature Center counter, 6685 Coolidge Hwy
- Visit [www.troymi.gov/parksrec/forms.asp](http://www.troymi.gov/parksrec/forms.asp)
- Call 248.524.3484

### **If you have any questions about volunteering contact:**

Troy Parks and Recreation at 248.524.3484  
Stage Nature Center at 248.524.3567

## Adult Pottery

This class is designed for ages 13 and older and emphasizes creativity and enjoyment of handmade pottery. The projects range from functional ware to sculpture. A pottery wheel is available but limited to 1 or 2 turns per person depending on class size. Various glazing techniques will be explored. Tools and materials provided by instructor. Dress for mess and bring a hand towel to each class. Material fee of \$30 due to instructor first day of class.

**Instructor:** Jeannette Pugliese

**Location:** Troy Community Center

**Session 1: Jan 6-Feb 10 (6 weeks)**

| Act #   | Day | Time      | Fee   |
|---------|-----|-----------|-------|
| 112221A | Tue | 7-9:30 pm | \$108 |

**Session 1: Feb 24-March 31 (6 weeks)**

| Act #   | Day | Time      | Fee   |
|---------|-----|-----------|-------|
| 112221B | Tue | 7-9:30 pm | \$108 |



## Cultural Exploration Class

Adults are invited to attend this cultural learning class that is designed to foster understanding, acceptance, constructive and friendly relations, and to make a global connection between people from other countries.

Speakers will present the history, geography, political situation, religion and overall culture of the focus country. Participants will be able to meet people from that country wearing their authentic costumes, ask questions, interact and take pictures with them. In addition you will get to taste the food of that country and take home recipes. Food will be brought in from a local restaurant where you can always go for a full course meal.

**Location:** Troy Community Center Room 402

**Time:** 6:30-8:30 pm

**Fee:** \$10/class

| Act #   | Date/Topic                         |
|---------|------------------------------------|
| 111200A | Monday, January 19 (Chinese)       |
| 111200B | Monday, February 16 (Arabic)       |
| 111200C | Monday, March 16 (Italian)         |
| 111200D | Monday, April 20 (Indian/Pakistan) |

## Anyone Can Paint

For ages 16 and older. Join popular award-winning artist and television host Steve Wood as he shares his painting tips and techniques that will have you painting like an artist in the very first class. He demonstrates and paints right along with the class. An 11 x 14 completed painting will be completed by the end of the session. Paint, brushes, canvas boards and all other supplies are included in the fee. Space is limited. Advanced registration is required.

**Location:** Troy Community Center

**Day:** Thursday

**Fee:** \$24

| Act #   | Subject of Painting        | Date   | Time   |
|---------|----------------------------|--------|--------|
| 145932G | Winter scene w/snowman     | Dec 11 | 1-3 pm |
| 145932H | Winter scene w/snowman     | Dec 11 | 7-9 pm |
| 145932I | Moonlit lighthouse         | Jan 8  | 1-3 pm |
| 145932J | Moonlit lighthouse         | Jan 8  | 7-9 pm |
| 145932K | Summer scene with river    | Feb 12 | 1-3 pm |
| 145932L | Summer scene with river    | Feb 12 | 7-9 pm |
| 145932M | River in woods w/waterfall | Mar 12 | 1-3 pm |
| 145932N | River in woods w/waterfall | Mar 12 | 7-9 pm |

## Don't wait to sign up!

Over-enrollment and under-enrollment are problems you can help us avoid. The sooner we know how many students are interested in a class or program, the easier it is to add sessions or avoid unnecessary cancellations. So sign up early.

It's easy to register!

Refer to page 87 for registration details.



At the SeniorNet Computer Learning Center at the Troy Community Center, qualified senior instructors teach students 50 and older

to use a computer in a friendly environment. A computer is provided for each student and a textbook is included in the fee.



## Digital Imaging Using PhotoShop Elements

Learn to work with digital images. This class provides hands-on experience working with photos from a digital camera, scanner and other sources. Topics include restoring old photos, sharing photos online, formats for photo files, and more. Eight two-hour lessons. Fee: \$50

| Act #   | Day   | Time   | Beg   | Ends   | Wks |
|---------|-------|--------|-------|--------|-----|
| 145959C | M & W | 1-3 pm | Jan 5 | Jan 28 | 4   |



## Safeguarding Your Computer and Personal Data

Protect your computer and personal data. Topics include backing up your computer, installing a second hard drive; anti-virus, anti-spam, anti-spyware and personal protection software, using firewalls and routers, privacy protection, using virtual credit cards, and avoiding internet scams and hoaxes. Must have computer experience. Four two-hour lessons. Fee: \$34

| Act #   | Day    | Time         | Beg   | Ends   | Wks |
|---------|--------|--------------|-------|--------|-----|
| 145967D | T & TH | 6:30-8:30 pm | Jan 6 | Jan 15 | 2   |



## E-Mail

This course uses Outlook Express, the free e-mail program that is installed on all Windows PCs. It includes setting up an e-mail account, creating e-mail, sending and receiving attachments, replying, deleting, forwarding, using the address book, creating/maintaining group distribution lists, saving messages to folders, handling spam, and personalizing your e-mail. Two two-hour lessons. Fee: \$17

| Act #   | Day    | Time         | Beg    | Ends   | Wks |
|---------|--------|--------------|--------|--------|-----|
| 145960E | T & TH | 6:30-8:30 pm | Jan 20 | Jan 22 | 1   |



## Windows XP

Prerequisite: Computer Fundamentals or some previous computer experience. Learn the Windows XP operating system including creating folders and finding files, copying and restoring files, customizing your computer, understanding Windows settings and file types, backing up, and maintaining your hard drive. Eight two-hour lessons. Fee: \$50.

| Act #   | Day    | Time   | Beg    | Ends  | Wks |
|---------|--------|--------|--------|-------|-----|
| 145966C | T & Th | 1-3 pm | Feb 10 | Mar 5 | 4   |

Classes for beginners who have never even turned on a computer are also available as well as beginning word processing, Excel, file management, Internet and more. Visit the Troy SeniorNet Website at [SeniorNet.org/usa/troy](http://SeniorNet.org/usa/troy) for a complete schedule of classes and detailed course outlines. Or call 248.524.3484 and ask for a complimentary copy of the Senior News.

## Family and Friends CPR and First Aid

Topics include adult, child, and infant CPR, and the skills needed to help someone who is choking. We'll also learn how to manage medical emergencies and traumatic injuries involving children, and how to respond until professional help arrives. Participants receive the American Heart Association's "Family and Friends CPR" and "Family and Friends First Aid for Children" booklets, as well as participation card. **Ages:** 10 and older.

**Location:** Troy Community Center

| Act#    | Day          | Time           | Fee  |
|---------|--------------|----------------|------|
| 112065A | Tue, Jan 20  | 9 am-12:30 pm  | \$30 |
| 112065B | Sat, March 7 | 9 am -12:30 pm | \$30 |

## Heartsaver Pediatric First Aid

We'll cover the management of illnesses and injuries in children from birth to age eighteen. Topics include choking and what to do in the event of a medical emergency (such as an asthma attack, diabetic emergency, seizure, shock), a traumatic emergency (broken bone, sprain, bleeding, burn, head/spinal injury), and an environmental emergency (bee sting, poisoning, drowning). This highly interactive, hands-on class is designed for those who work with children. An American Heart Association Heartsaver Pediatric First Aid Certification Card is issued for two years upon successful completion of the course. **Ages:** 13 and older. **Location:** Troy Community Center

| Act#    | Day         | Time       | Fee  |
|---------|-------------|------------|------|
| 112065C | Mon, Jan 26 | 9 am- noon | \$40 |
| 112065D | Tue, Jan 13 | 6-9 pm     | \$40 |

## Heartsaver CPR and AED

This is the class for those who need CPR (cardiopulmonary resuscitation) certification for work (first responders, daycare workers, coaches, teachers, etc.) or personal use. Topics include adult, child, and infant CPR, how to use an AED (automated external defibrillator), and how to help a choking victim. This highly interactive, hands-on class includes the American Heart Association (AHA) "Heartsaver AED" student workbook, CPR and AED Reminder Cards, and a CD containing supplemental information and video clips to refresh your CPR and AED skills. A Heartsaver Certification Card is issued for two years upon successful completion of the course. **Ages:** 13 and older.

**Location:** Troy Community Center

| Act#    | Day         | Time             | Fee  |
|---------|-------------|------------------|------|
| 112065E | Tue, Feb 24 | 5:30-9:30 pm     | \$47 |
| 112065F | Wed, Feb 11 | 8:30 am-12:30 pm | \$47 |

### INCLEMENT WEATHER/PROGRAM STATUS:

On occasion during the winter, programs may need to be cancelled or re-scheduled. To find out the status of your program held at a school building or at the Community Center, choose from the following choices:

go online at: [www.troy.mi.gov/parksrec/weatherupdates](http://www.troy.mi.gov/parksrec/weatherupdates)

or call us at: 248.689.9756

## Stroller Strides

### Helping Moms Gain Strength in Body, Mind & Spirit

Stroller Strides is the country's largest fitness program for new moms. Classes offer a stroller work out that combines power walking and intervals of body toning using the stroller, the environment and exercise tubing. Our "support group exercise" style classes allow moms to interact with their babies and other moms all while getting an exciting and challenging workout. Come out and join us – your first class is FREE!

**Location:** Troy Community Center

|              |                           |
|--------------|---------------------------|
| Act# 112175D | \$150 - Two class combo   |
| Act# 112175E | \$175 - Three class combo |

### Session: Jan 5- March 25 (12 weeks)

| Act #   | Day  | Time          | Fee   |
|---------|------|---------------|-------|
| 112175A | Mon  | 1:30-2:30 pm  | \$135 |
| 112175B | Tues | 9:30-10:30 am | \$135 |
| 112175C | Thur | 1:30-2:30 pm  | \$135 |

## 30 Days to Health

March 2009

Experts say it takes 21 days to break a bad habit and form a new one. During the month of March, the Troy Community Center will be offering 30 days of special classes, activities, and events to promote healthy lifestyle choices for family members of all ages. This program can help you break those bad habits and reach your health and fitness goals.

### A sample of programs and activities will include:

- Classes on exercise tips, snack and diet ideas
- Triathlon clinic
- Grocery store tours
- Personal trainer clinics
- New trends in health and fitness
- Dispelling myths
- Managing stress and much more . . .

The complete calendar of activities and class details will be available January 15.

**Activity # 116715A** **Fee:** \$10/person

## Massage Therapy - Now Available!

Are you stressed, injured, or an athlete in training? Or, do you just need to pamper yourself? The Troy Community Center is now offering Massage Therapy, an alternative way to treat your body. Kim Francis, a certified therapist, who specializes in Sport and Rehabilitative massage but is also experienced in Swedish Massage. To schedule an appointment, visit the Recreation Control Desk or call 248.526.2655. *As an introductory special, if you book before December 1 you'll receive \$15 off a 60 or 90 minute massage and \$5 off a 30 minute massage.* See page 47 for pricing details.